

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20-6:30am CYCLE Studio 3 – Ali/Danyell	5:20-6:20am RISE, RIDE, & REPS Studio 3 - Lynne	5:20-6:20am CYCLE Studio 3 - Dawn	5:20-6:20am CYCLE Studio 3 - JoAnne	5:15-6:15am TCX Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Rotation	8:00-9:00am INTRO : ASHTANGA YOGA Studio 2 - Jett
5:30-6:15am SHRED Studio 1 - Theresa	5:30-6:30am HIIT Track/Studio 1 - Bryan	5:30-6:30am SWEAT!!! Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Laurie	5:20-6:20am CYCLE Studio 3 - Danyell	8:00-9:00am CYCLE Studio 3 - Bri	7:15am-8:15am CYCLE Rotation
8:00-9:00am POP PILATES Studio 1 - Jill	8:00-9:00am POWER TONING Studio 1 - Gina	8:00-9:00am ULTIMATE CONDITIONING Studio 1 - Vince	9:15-10:15am SENIOR STRENGTH & CORE Studio 1 - Gina	6:00-7:00am YOGA Studio 2 - Patty	8:00-9:00am VINYASA FLOW YOGA Studio 2 - Michele	9:00-10:00am CYCLE Studio 3 - Gina
8:00-9:00am GENTLE YOGA Studio 2 - Michele	9:15-10:00am BALLET BARRE Studio 1 - Sahar	8:00-9:00am GENTLE YOGA Studio 1 - Michele	9:15-10:15am PILATES Studio 2 - Nikki	8:00-9:00am BOSU BLAST Studio 1 - Bryan	9:15-10:15am STEP INTERVALS Studio 1 - Missi	9:15-10:15am PVC Studio 1 - Rotation
8:30-9:30am CYCLE Studio 3 - Kylie	9:15-10:15am VINYASA FLOW YOGA Studio 2 - Karen	8:30-9:30am CYCLE Studio 3 - Kara	9:15-10:15am CYCLE Studio 3 - Rosie	8:30-9:30am CYCLE Studio 3 - Alex	9:15-10:15am TURBOKICK Studio 2 - Caren/Sara	10:30-11:30am ZUMBA Studio 1 - Rotation
9:15-10:15am SENIOR STRENGTH & CORE Studio 2 - Gina	9:15-10:15am CYCLE Studio 3 - Doug	9:30-10:15am POWER PUMP INTERVALS Studio 1 - Missi	10:30-11:30am YOGA BASICS Studio 2 - Peter	9:15-10:15am POWER TONING Studio 1 - JoAnne	9:30-10:30am CYCLE Studio 3 - Sarah	
9:15-10:15am SWEAT!!! Studio 1 - Rosie	10:00-10:30am SENIOR STRETCH Studio 1 - Michele	10:30-11:30am LEBARRE Studio 1 - Nikki	10:30-11:30am SENIOR CYCLE Studio 3 - Gina	9:15-10:15am YOGA FUNDAMENTALS II Studio 2 - Sarah	10:30-11:30am YOGA BASICS Studio 2 - Peter	
10:30-11:30am LEBARRE Studio 1 - Nikki	10:45-11:45am ZUMBA GOLD Studio 1 - Krista	1:30-2:30pm \$ TAI CHI - GENERAL Studio 1 - Hilary	12:15-2:30pm \$ TAI CHI - SESSIONS Studio 1 - Hilary	10:30-11:30am BODY BARRE Studio 2 - Nikki		
10:30-11:30am YOGA FUNDAMENTALS I Studio 2 - Sarah	12:15-2:30pm \$ TAI CHI SESSIONS Studio 1 - Hilary	4:30-5:30pm POWER TONING Studio 1 - Laurie	4:30-5:30pm NO GUTS ALL GLORY Studio 1 - Ronnie	10:45-11:45am ZUMBA GOLD TONING Studio 1 - Kory		
10:30-11:30am SENIOR CYCLE Studio 3 - Gina	4:30-5:30pm TURBOKICK Studio 1 - Sara	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris	4:30-5:30pm \$ PILATES REFORMER INT Studio 2 - Ellen	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris		
4:30-5:30pm ZUMBA Studio 1 - Rotation	4:30-5:15pm HARDCORE Studio 2 - Nicole	5:30-6:30pm CYCLE Studio 3 - Bruce	4:30-5:30pm CYCLE Studio 3 - Bri	4:30-5:30pm BOOTY CAMP Studio 1 - Nicole		
5:30-6:30pm CYCLE Studio 3 - Jessy	5:45-6:45pm BOOT CAMP Studio 1 - Todd	5:45-6:45pm DANCE!!! Studio 1 - Ankita	6:00-7:00pm CYCLE Studio 3 - Euniece	5:45-6:45pm ZUMBA Studio 1 - Krista		
6:00-7:00pm SUPER SCULPT Studio 1 - Esther	6:00-7:00pm CYCLE Studio 3 - Morgan	7:00-8:00pm \$ TAI CHI - GENERAL Studio 1 - Hilary	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim			
7:00-8:00pm INTRO : VINYASA YOGA Studio 2 - Pauline	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim					\$ Paid Class : Please register at Front Desk

* Summer Modified Schedule June – August, 2018